



MARFORRES SEMPER FIT I&I Conference 2009

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SEMPER FIT



- **Fitness**

- Gym Equipment
- Gym Memberships

- **Recreation**

- Intramural sports leagues
- Uniforms
- Rec Outings/Trips
- Rec/SMP Rooms

- **Single Marine Program (SMP)**

- **Health Promotions/Healthy Lifestyles**

- **All-Marine Sports**



Semper Fit Funding




- **Appropriated Funds (APF)**
 - Congressionally awarded
- **Non-Appropriated Funds (NAF)**
 - Revenue generated
- **MFR MCCS only has APF!**
- *** MFR Semper Fit funding is solely used for AD/AR Marines and Sailors on unit's TO.**

Criteria for All Requests

- Requests must be in written form, signed by the unit's CO, and provide justification. Specific instructions and request templates can be found at the MFR MCCS website, under Semper Fit:

<http://www.mfr.usmc.mil/hq/mccs>

- All requests must have written vendor quotes and be TAX EXEMPT 
- If request total falls under GCPC limits, confirm vendor accepts GCPC
- At least 10-14 business days prior (leagues and outings)
- Services:
 - More than \$2,500, MFR Semper Fit will create the PR Builder Request
 - Less than \$2,500, MFR Semper Fit will make payment directly to vendor, upon review and approval, with GCPC
- Supplies:
 - More than \$3,000, MFR Semper Fit will create the PR Builder Request
 - Less than \$3,000, MFR Semper Fit will make payment directly to vendor, upon review and approval, with GCPC
- Units WILL NOT make payment out of their unit funds

Criteria for Co-Located Units

- Requests must follow same guidelines as any other unit, but they must include a denial of funding - in writing - from the Host Branch MWR.
- **Per the guidance in DODI 1015.10 (Programs for MWR)**
 - **4.13. Installation MWR Support.** The DoD Components shall provide MWR support to all DoD personnel and activities supported by the installation, in compliance with "Authorized Patronage" definitions of enclosure 3. Tenants shall receive MWR services from the host installation or community and shall not duplicate those services.
 - **4.13.1. Interagency Support.** The installation or community commanders shall provide MWR support for all Military Service organizations, units, individuals, and DoD Agencies located on an installation or in a community. Exceptions may be granted under agreements between the Military Departments or Defense Agencies concerned.
 - **4.13.2. Interagency Patronage.** All personnel assigned or working for tenant organizations and units shall be afforded the opportunity to participate in MWR programs as determined by patron authorization.
- **Per the guidance in DODI 4000.19 (Inter-Service Agreement)**
 - **E6.1.4.35. Morale, Welfare, and Recreation (MWR) Activities.** Includes operation of recreational centers, gyms, fitness centers, parks, athletic fields, recreational and general reference libraries, hobby shops, craft centers, and related services. (customarily non-reimbursable)



Gym Equipment



- Site visit from the MFR Semper Fit Director (SFD) or rep. Mandatory
- A quote must be obtained prior to SFD site visit from (1) one GSA/CCR registered vendor that can service all cardiovascular and strength training equipment requested. Quotes must include Shipping, Inside Delivery and Installation, and must be Tax Exempt.
- Current, signed, unit MCCS CMR attached to request.
- Requests for a newly acquired fitness/gym area will also be awarded floor mats. SFD will determine if the unit rates floor mats in all other instances. If the vendor quoting equipment can service this request as well, include mats in the main quote. If not, then a separate quote must be obtained for the floor mats themselves from (1) one GSA/CCR registered vendor
- A layout of the room to be used for the function requested, including square footage, must be obtained from Facilities, attached to request
- Email request and supporting documentation to MFR SFD

Gym Equipment – Rate

- **Cardiovascular:**
 - Treadmills, ellipticals, bikes, steppers, etc.
 - (1) each function per 20 Marines on T/O
 - Replacement schedule: 3 yrs, except treadmills (5 yrs)
- **Strength Training:**
 - Benches/machines, wt. plates, dumbbells/racks, etc.
 - Suggested: all plate-loaded, iso-lateral equip
 - (1) each function per 25 Marines on T/O
 - Replacement schedule: 5 yrs
- All other items, contact SFD

Equipment Manufacturers

Gym Equipment

- Life Fitness/Hammer Strength

<http://us.commercial.lifefitness.com/content.cfm/militaryfedgovernment>

- Nautilus: <http://www.nautilusgsa.com/>
- Precor: <http://www.precor.com/comm/en/>

Floor Mats

- Great Mats: www.greatmats.com
 - Interlocking mats; no more than ½ inch thickness

Before Pictures



Before Pictures



After Pictures



Just kiddin'!



After Pictures





PR Builder Process

Gym Equipment



- Unit provides (1) quote, layout and justification. MFR SF will submit into PRB
- Once PRB request is approved, all the necessary documentation has been received by RCO to begin the bidding process. From the time Semper Fit completes the site visit and submits the request til PR Builder approval is approx. 1 – 2 weeks.
- RCO will send out the RFQ, and will need to get at least 2 other bids for "Brand name of Similar" equipment. You may not get the exact equipment from the vendor you selected, but you will get something that provides the same function. Give at least 2 - 4 weeks for the bidding process to complete.
- Once the contract is awarded, then you can expect at least a 6-8 week delivery timeframe. The contracted vendor will communicate with you directly.



Gym Memberships



- **ASYMCA contract with OSD**
 - Effective 1 Oct 08; OSD funded fully
 - DoD has contracted with ASYMCA to fund YMCA memberships at participating YMCAs throughout the United States and Puerto Rico for the following groups:
 - Families of Deployed National Guard and Reserve Personnel (Army/Navy/Air Force/Marine Corps). Deployment must be for a minimum of 6 months.
 - Active Duty Personnel and their families at Independent Duty Stations
 - Active Duty Families assigned to newly established Joint Bases
 - Relocated Spouse and Family members of Deployed Active Duty Personnel
 - Respite Child Care – Children up to age 12 of Independent Duty Personnel will be authorized free respite child care up to 32 hours per month, per child in participating YMCAs in those states preapproved by DoD with a comparable rating system. Those states are: Indiana, Maryland, Montana, North Carolina, New York, Ohio, Pennsylvania, Tennessee, Virginia and Washington.
- Unless OSD does not renew the contract or overwhelming justification is present, this is guidance for requesting gym memberships moving into FY10.

Gym Memberships

- Gym memberships are provided for MFR units who meet the categories listed below. The decision will still lie with MFR Semper Fit Director.
 - Geographical Location (climate)
 - Inadequate space for sufficient gym equipment (FAC waiver req)
 - Atmosphere (renovation of units buildings)
 - Considerable distance from a military installation, at least 50 miles
- * - No participating YMCA or adequate YMCA within area
- Units should make themselves familiar with the **Gym Membership Criteria** and the **Gym Membership Checklist** on MFR MCCS website.
- ***Gym membership requests are considered and reviewed beginning May 1 and ending June 30 of each FY.** Requests submitted outside of this timeframe will still be accepted, but will not be given priority for contracting prior to the beginning of the new FY.

Contracting Process

Gym Memberships

- Unit provides (3) quotes, (3) checklists and justification. MFR SF submits into PRB
- Once approved and all necessary documentation has been received, request follows the same bidding process as gym equip. From the time unit submits request till contract approval is approx. *3 - 4 weeks.
- Your preferred gym may not get awarded the contract, but the gym awarded will have the same amenities and offerings (per the Gym Membership Criteria Checklist)
- Along with the (3) quotes and the (3) checklists, most of the work for contracting is alleviated, but give at least 3 - 4 weeks for the bidding process to complete. No word will be given prior to 1 Aug, though, to give time to process.
- Once the contract is awarded, a Confirmation Letter/contract will be sent to your unit, the gym awarded and the SFD. The contract will NOT be active until beginning of the new FY and is Subject to Availability of Funds.



Gym Memberships

**NO GYM USAGE IS
AUTHORIZED UNTIL A
CONTRACT IS WRITTEN AND
THE NEW FY BEGINS –
REGARDLESS OF EXISTING
MEMBERSHIPS!**

Rec Outing/Trips

- Units rate one (1) Unit Recreational Outing per quarter
- Outdoor Recreation activities may include but not limited to:
 - cycling - camping - fishing - skiing
 - boating - hiking - archery - mountaineering
 - any other activities, as determined by SFD, that support the Semper Fit Program by promoting readiness, fitness, and a healthy QOL for Marines
- Transportation, lodging or f&b are **NOT** authorized for any Rec Outing
- **High Risk activities NOT** authorized include but not limited to:
 - All “aviation activity”:
 - Bungee Jumping - Parachuting or Sky Diving - Parasailing
 - Hot-Air Balloons - Aerobatics (including wing walking, etc.)
 - Mechanical Bulls - Velcro Fly Traps or similar Velcro apparatus
 - Scuba, “white water” rafting (river class 4-6), high-speed activities, etc.
 - Others will be determined by SFD after researching

Recreational Equipment

- Units that are not located on a base or co-located with a Branch that has rec. equipment available for check-in/out rate.

(documentation required)

- **Items used for intramural leagues:** (not limited to)
 - Flag Football: footballs, flags, cones, etc.
 - Basketball: b-balls, portable/mounted goals, etc.
 - Softball/Baseball: gloves, bats, batting gloves, etc.
- **Items used for Outdoor recreation:** (not limited to)
 - Boating: canoes/kayaks, paddles, life preservers, trailers etc.
 - Camping: tent, sleeping bags, heater, cooler, utensils, etc.
 - Hunting & Fishing: bow/arrows, rod/reel, tacklebox, etc.
 - Sports: horseshoe sets, croquet sets, volleyballs, tennis or racquetball, mountain bikes, etc.

Recreational Equipment

- There must be solid justification for the items:
 - unit participates in seasonal leagues each year
 - (outdoor equip) unit has participated in Rec Outing requiring equip and has collectively agreed that a need exists for future events (provide documentation of past event)

Rec Rooms

- Recreation Rooms shall offer the Marines a common area to conduct some recreation activities. This area will also serve as meeting space for Single Marines and Geo-Bachelors.
- Co-located units:
 - The space must be dedicated to Marines sole use! If joint space with Host Branch, they must fund or provide documentation that Marines have priority access and mgmt
- MCCS RO and the I&I are responsible for instituting policy to ensure management and accountability of unit Rec Room. All items will be placed on unit's CMR.
- See "Rec Room" template and guidance on website.

Rec Rooms

- **Authorized items for Rec Rooms include:**
 - Pool/Foosball/Ping-Pong tables (all accessories included)
 - TVs (size determined by sqft of room, but no larger than 42")
 - DVD player (no movies funded by SF)
 - (1) X-Box, Playstation, or similar (no addtl games funded by SF)
 - Furniture: seating, end table, coffee table, lamps, etc.
 - All other items will be determination of SFD
- **Replacement Schedule: 5 yrs.**



Rec Rooms

How to Request



- Site visit from the MFR SFD or rep mandatory (cost dependant)
- A quote must be obtained prior to SFD site visit for each “like-item” categories (i.e. electronics, furniture, game tables, etc.). Each category, then, needs to have (1) one GSA/CCR registered vendor identified that can service all items within it’s category
- Quotes must include Shipping and be TAX EXEMPT. Note: just because it might not show the taxes when creating a Shopping cart online, it doesn’t mean that it won’t be charged during the “checkout” process. Shopping cart quotes are discouraged. Try to contact vendor directly for quote.
- A layout of the room to be used for the function requested, including square footage, must be obtained from Facilities and attached to request.
- Co-located: a letter from the Host Branch stating sole use of space and denial of funding is required in addition to above
- Email request, quotes and supporting documentation to MFR SFD

Rec Rooms

How to Request

- Obtaining Quotes:

- For each “Like Item Category”, you can find all items on GSA Advantage or similar

- Try to select all items within each category from one particular vendor, then contact the vendor directly to have them generate a quote for those items (include shipping and tax exempt).

This will allow the vendor to inform you if items are either on back-order or discontinued, which, either way, you would need to select alternative items or different vendor.

- Choose a different vendor for each “Like Item category”.

Intramural Leagues

- Authorized intramural sports include:
 - Flag Football - Basketball - Softball or Baseball
 - Soccer - Rugby - Running events
 - Golf - All other requests TBD by SFD
- Total cost for team registration and any other associated league fees shall not exceed \$2,500. MFR Semper Fit will make payment directly to the league via GCPC, upon review and approval. Units WILL NOT make payments out of their unit funds. Equipment will be submitted separately, per Recreation Equipment guidelines
- At least 10-14 days prior to reg. deadline

Intramural Leagues

- Eligible Participation:
 - Marine Corps officers and enlisted personnel on active duty, active reserve on appropriate orders or personnel of other services officially attached or **assigned to unit's T/O** are eligible to compete. CO/I&I will determine procedures in the case of ineligible players
 - Roster must be opened/announced to entire unit to give all opportunity to participate

Uniforms

- Request form (template on website)
- \$50.00 item max, including screen printing and shipping
- Quote: (on company letterhead)
 - Include (everything)
 - Cost per item
 - Screen printing per item
 - Screen printing set up charges
 - Screen printing design (no indiv names; only “Marines”, unit/nickname)
 - Sizes w/correllating number’s
 - Delivery/shipping (expect at least a 2 week turnaround)
 - Tax exempt
- All uniform components to be included on unit CMR



Single Marine Program (SMP)



- Activities and events are as varied as the Single Marines the program serves, because it belongs to the Marines. Activities typically fall under one of 3 program components:
 - Recreation/Fitness
 - Life skills/QOL
 - Community involvement/Volunteering
- If less than (3) SM or Geo-Bachelors assigned to unit, follow structure for Recreation outings/trips, and the event is opened for all on T/O to participate
- (1) SMP Outing awarded per Qtr
 - Suggested Plan: each month of each Qtr, concentrate on one of the components. MFR Semper Fit can provide funding for each area.

All-Marine Sports

- Unit sponsorship at Regional Championships
 - unit must submit application for participation with MFR SFD, who will forward to HQMC All-Marine Sports
 - unit team must have won at least one (1) local tournament
 - those participating on the Regional Championship team are not eligible to participate at individual tryouts
- Individuals may submit an application to HQMC for participation at All-Marine tryouts, with prior MFR SFD approval. Once approved by HQMC, then MFR Semper Fit can fund travel. If selected for HQMC team, then they will take over funding at that point.

Functional Fitness

- Definition:

- Functional fitness training keeps your body in condition for your daily activities such as sports, walking, bending, lifting, or whatever your job and life entails. Functional training like most types of fitness training includes aspects of balance, stability, posture, flexibility in addition to muscular strength.

- Functional fitness workouts challenge the body to work collectively as a whole, firing up the muscles in a sequential pattern.

- **HIT** – High Intensity Training

- MCO 6100.13 (1 Aug 08) – Marine Corps Physical Fitness Program
 - CMC has identified that “no additional equipment is required”
 - Combat Conditioning Specialist (CCS) Course
 - TECOM and MACE sponsored
 - POC: GySgt Woodall 703.432.6466 Ramer Hall SNCOIC/MAIT
Sgt Holladay 703.784.5617CC Instructor / MAIT
 - (MACE)

<http://www.tecom.usmc.mil/tbs/pages/ma/default.shtml>

Functional Fitness

- MFR Semper Fit Funded Training
 - TRX Suspension Trainer Course
 - Semper Fit Combat Fitness Training Course
- MFR Semper Fit - NOT funded
 - Anything that will give a credential that can be used in a professional capacity outside of the Marine Corps
 - **Suggested if unit funding:** no certification programs not recognized by National Commission for Certifying Agencies (NCCA) or National Organization for Competency Assurance (NOCA)
- Unit Funded
 - Combat Conditioning Specialist (CCS) Course
 - MAIT or other mission/operational specific training

Online Fitness Resources

- **PTontheNet** - www.ptonthenet.com
 - Sports specific programs and exercises
 - Pre-Made Exercise and Flexibility templates
 - “Create a Program” function: build personal or unit PT programs
 - Articles: Nutrition, weight mgmt, stress mgmt, ind. development, etc.
- **American Council On Exercise (ACE)** – Exercise Library
 - www.acefitness.org/exerciselibrary
- **Under Armour TNP Training**
 - www.underarmour.com/tnptraining



Health Promotions



- **Nutrition**
 - developing online programs or access to, as well as MC-specific courses
- **That Guy Campaign (alcohol awareness)** www.thatguy.com
 - That Guy is an integrated marketing campaign developed by the Department of Defense (DoD)/TRICARE Management Activity (TMA) to help reduce excessive drinking among junior enlisted personnel by increasing their awareness of the negative consequences that come from drinking too much alcohol.
- **Stress Management**
 - PTONet articles and research
 - Military OneSource
- **Injury Prevention**
 - Functional Fitness training opportunities
- **Suicide Prevention**
 - <http://www.usmc-mccs.org/suicideprevent/index.cfm> (HQMC MCCS website)
 - Leaders Guide for Managing Marines in Distress
 - Military OneSource
- **Feedback**



FEEDBACK

